

ENERGIZE ME



Need a Boost? Get zesty with this recipe!

Orange, Lemon, Ginger and Mint!

For one gallon you'll need:

2 lemons - sliced thin rounds

2 oranges - sliced thin rounds

2-3 inches of fresh ginger sliced or grated

1 handful of mint leaves

1 gallon of water or carbonated water for extra fizz

Stir the mixture to combine the ingredients.

Let the infused water sit in the fridge for 4-6 hours to allow the flavors to infuse. For the best flavor, let it sit overnight.

The longer it sits, the stronger the flavors will become, so feel free to adjust to your taste.



Lavendar Lemon Breeze



It's perfect for relaxing, hydrating and de-stressing.

Lavendar and **lemon**

For one gallon you'll need:

2 large lemons (sliced thin)

3-4 tablespoons dried lavender buds (or 4-5 fresh lavender sprigs)

1 gallon (16 cups) of cold water

Stir the mixture to combine the ingredients.

Let the infused water sit in the fridge for 4-6 hours to allow the flavors to infuse. For the best flavor, let it sit overnight. After the infusion time, be sure to strain out any solids to prevent bitterness or overpowering flavors.



COZY VIBES



Perfect for when you're feeling cozy!

Apples and **cinnamon**

For one gallon you'll need:

2 Apples - sliced thin rounds

2 Cinnamon Sticks - break them in half to release the flavor

1 gallon of water

Stir the mixture to combine the ingredients.

Let the infused water sit in the fridge for 4-6 hours to allow the flavors to infuse. For the best flavor, let it sit overnight.



CHERRY LIME REFRESHER



It's sweet, tangy and super easy to make.

Dark sweet cherries and **lime**

For one gallon you'll need:

2 Cups fresh or frozen sweet cherries (if fresh pitted and halved)

1 Lime - Sliced in round

1 gallon of water

Stir the mixture to combine the ingredients.

Let the infused water sit in the fridge for 4-6 hours to allow the flavors to infuse. The longer it sits, the stronger the flavors will become, so feel free to adjust to your taste

